

**New Book**

# *Shinrin-Yoku*

*The Art and Science of Forest Bathing –  
How Trees Can Help You Find Health and  
Happiness*

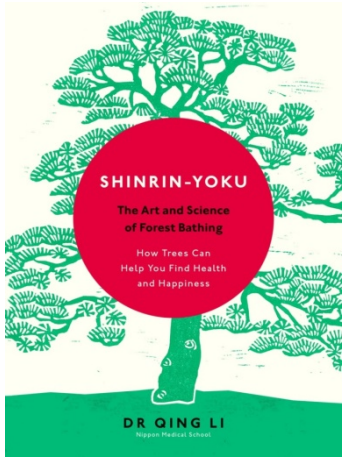
<https://www.penguin.co.uk/books/308285/shinrin-yoku/>

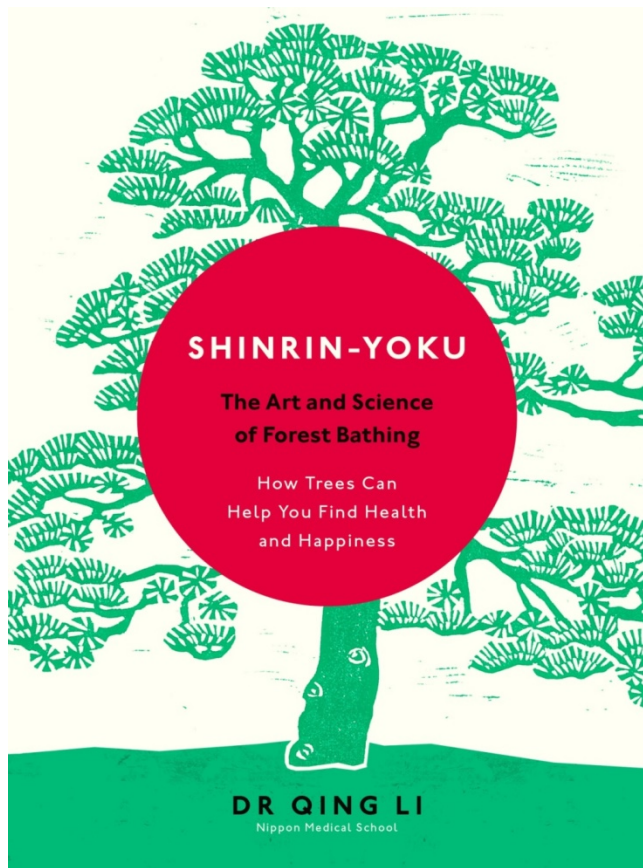
**Dr. Qing Li**

**Nippon Medical School, Tokyo, Japan**

**Penguin Random House UK**

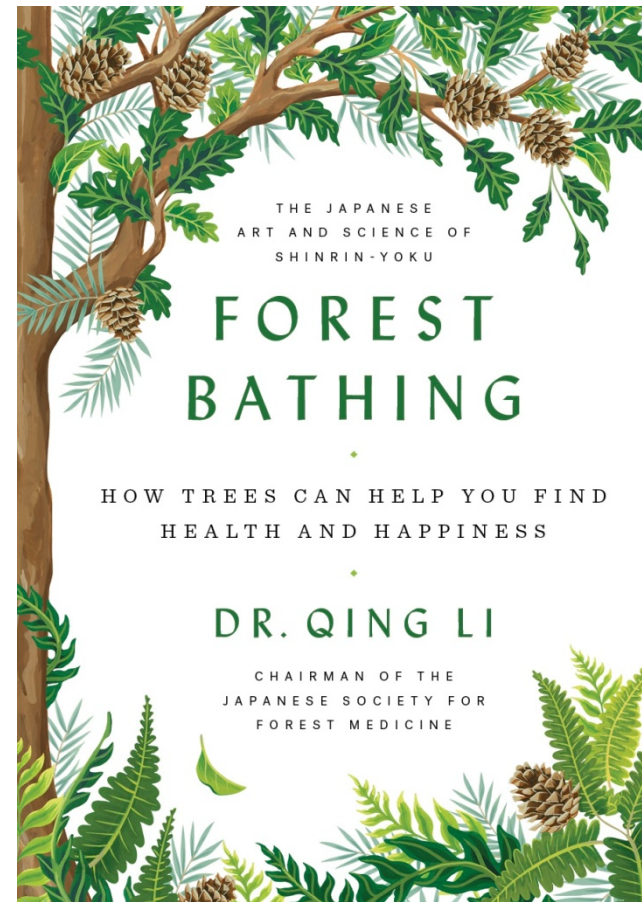
**(<https://www.penguinrandomhouse.co.uk/>)**





**Penguin Random House UK**  
(April 5, 2018, UK, [Australia](#), [New Zealand](#) )  
<https://www.penguin.co.uk/books/308285/shinrin-yoku/>

The new book: *Shinrin-Yoku: The Art and Science of Forest Bathing – How Trees Can Help You Find Health and Happiness* by Dr Qing Li will be published in the UK on April 5, 2018 by Penguin Random House UK (<https://www.penguinrandomhouse.co.uk/>). Penguin Random House UK is the largest publisher in the world. The book also will be published in USA under the title of *Forest Bathing* on April 17, 2018 by Viking Books (<http://www.penguin.com/publishers/vikingbooks/>).

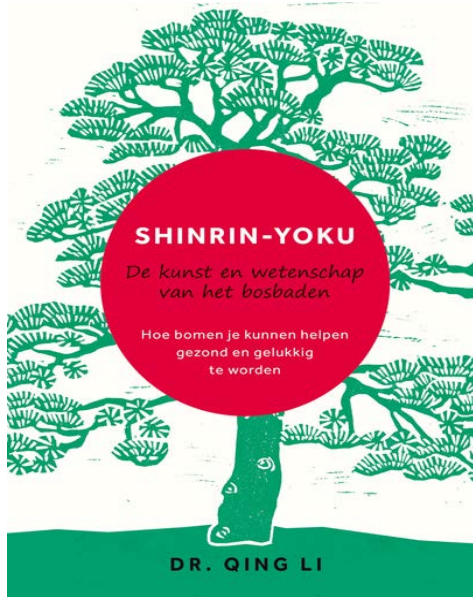


**Penguin Random House USA**  
(April 17, 2018)

<https://www.penguinrandomhouse.com/books/579709/forest-bathing-by-dr-qing-li/9780525559856/>

**The book has been decided to translated in 18 languages**

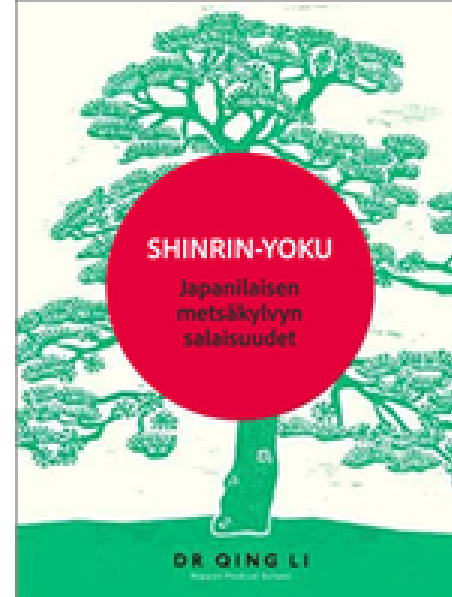
The book has been decided to translate into French, Spanish, Dutch, German, Italian, Russian, Portuguese, Hungarian, Czech, Slovak, Polish, Bulgarian, Finnish, Chinese Complex, Danish, Swedish, Estonian and Romania. Translations in Simplified Chinese, Japanese, Korean, Arabic and other languages are under negotiation.



Dutch edition  
(March 6, 2018)



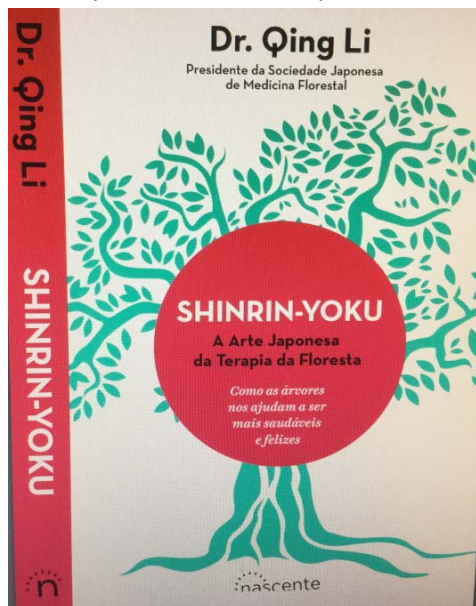
French edition  
(March 15, 2018)



Finnish edition  
(April 10, 2018)



Hungarian  
(April 8, 2018)



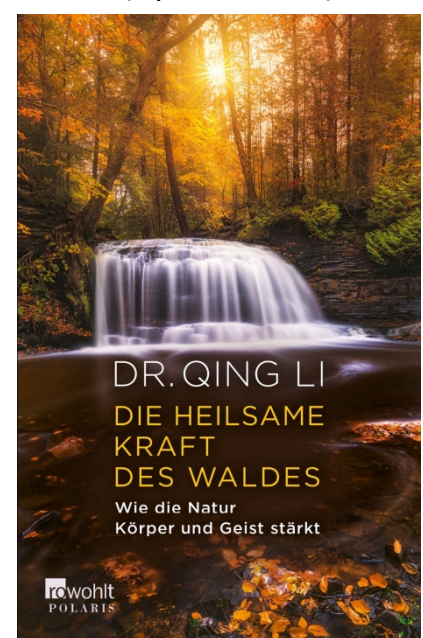
Portuguese edition  
(April 10, 2018)



Spanish edition  
(April 15, 2018)



Italian edition  
(April 10, 2018)



German edition  
(April 10, 2018)

# Other Scheduled publication date

Shinrin-Yoku [Penguin Books Australia](#) (April 5, 2018)

<https://www.penguin.com.au/books/shinrin-yoku-9780241346952>

Shinrin-Yoku [Penguin Books New Zealand](#) (April 5, 2018)

<https://www.penguin.co.nz/books/shinrin-yoku-9780241346952>

Shinrin-yoku Dutch edition (March 6, 2018)

<https://www.awbruna.nl/boek/shinrin-yoku/> <https://issuu.com/awbruna/docs/shinrin-yoku>

Shinrin-yoku French edition (March 15, 2018)

<https://www.lisez.com/auteur/qing-li/137359>

Shinrin-yoku Spanish edition (April 15, 2018)

<http://www.rocalibros.com/roca-editorial/catalogo/Dr+Qing+Li/El+poder+del+bosque+Shinrin+Yoku>

Shinrin-yoku Finnish edition (April 10, 2018)

<http://readme.fi/product.php?&isbn=9789523216341>

Sinrin-joku Hungarian edition (April 8, 2018)

[https://www.libri.hu/konyv/dr\\_csing\\_li.sinrin-joku.html](https://www.libri.hu/konyv/dr_csing_li.sinrin-joku.html)

<b>Countries</b>	<b>Publishers</b>	<b>Scheduled publication date</b>
Portuguese	2020 Editora, Lda.	10/04/2018
Italian	Rizzoli	10/04/2018
German	Rowohlt Verlag Gmbh	10/04/2018
Polish	Insignis Media	15/04/2018
Slovak	Ikar	01/05/2018
Czech	Euromedia	01/05/2018
Russian	Eksmo Publishing House	10/05/2018
Chinese Complex	Linking Publishing Company	01/09/2018
Bulgarian	Hermes	01/09/2018
Denmark	Gyldendal Dansk	TBC
Sweden	Modernista	TBC
Estonia	HEA LUGU	08/2018
Romania	Lifestyle Publishing	